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| --- | --- |
| Biceps Femoris – Long Head | *\*hamstring muscle* |
|  | O: Ischial Tuberosity & Sacrotuberus ligament (distal)  I: Head of Fibula  N: **Tibial Div. of Sciatica N (L5-S2)**  A: 1. Flex knee  2. Extends hip \*\*  3. knee external rotation |
| Biceps Femoris- Short Head | *\*hamstring muscle* |
|  | O: Linea Aspera (lateral)  I: Head of Fibula  N: **Common Fibular div. of Sciatica N (L5-S2)**  A: 1. Flex knee  2. knee external rotation |
| Semitedinosus | *\*hamstring muscle* |
|  | O: Ischial tuberosity  I: medial tibia (pes ancerinus)  N: Tibial Division of Sciatic N. (L5-S2)  A: 1. Extends Hip  2. Flexes Knee  3. **internal** rotation of knee |
| Semimembranosus | *\*hamstring muscle* |
|  | O: ischial tuberosity  I: posterior medial condyle of tibia & posterior capsule  N: Tibial Div. of Sciatic N. (L5-S2)  A: 1. Extends hip  2. Flexes knee  \*\*deep to semitendinosus  \*\* some fibers loop back to form the oblique popliteal lig. (aids posterior stability of the knee) |
| Adductor Magnus \*hamstrings \* |  |
|  | O: Inferior pubic ramus, ischial ramus, ischial tuberosity  I: Medial Epicondyle femur  N: Tibial Div of Sciatic N. (L4)  A: 1. ADDucts hip  2. extends hip \*\* |
| Popliteus |  |
|  | O: Lateral Condyle femur  I: Posteriomedial tibia  N: tibial (L4- S1)  A: 1. Dynamic stabilizer of knee with knee *internal* rotation  2. Assists with flexion |
| Plantaris |  |
|  | O Lateral condyle of femur & oblique popliteal ligament  I: medial aspect of Achilles tendon  N: Tibial N. (L4-S1)  A: 1. Dynamic stabilizer of knee with knee *internal* rotation  2. Assists with flexion |